

ANNUAL NARRATIVE REPORT

APACHE COUNTY, ARIZONA

December 1, 1942 -- November 30, 1943

By

Alice F. Beesley  
Home Demonstration Agent

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Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

SUMMARY OF STATISTICAL AND NARRATIVE REPORTS  
HOME DEMONSTRATION AGENT  
Apache County, 1943.

The Agricultural Extension work of the Home Demonstration Agent for the year beginning December 1, 1942, and ending November 30, 1943, in Apache County consisted of 78 days. Sixty-five days were spent with adults, conducting 32 method demonstrations, with 318 homemakers taking part. These projects were carried on in a total of 7 communities in the County. Thirteen days were spent organizing and conducting 4-H Club work. Leaders for both adult and 4-H Club work were given individual assistance.

The Extension Nutritionist, Lola T. Dudgeon, assisted the Home Demonstration Agent 2 days in the County, in addition to the refresher information which she presented for all County Home Demonstration Agents at the Annual Conference in May, and for the vocational education instructors at Prescott in August. This refresher information emphasized methods of home canning and dehydration and food poisoning. Mrs. Dudgeon gave specific assistance in the County on meat alternate foods and on ways of using home canned meats. Assistance and information was also given in the form of nutrition leaflets which were sent to local nutrition leaders.

The Clothing Specialist, Lorene Dryden, spent 4 days in Apache County assisting the Home Demonstration Agent, and in conducting leaders' training demonstrations on conservation of clothing. This study was divided into four demonstrations, namely: Identification of Fabrics; Dry Cleaning; Mending Made Easier; and Pressing at Home. Eight volunteer leaders assisted in carrying this project to their groups, and the Home Demonstration Agent gave the demonstration in communities where a leader was unable to attend the leaders' training demonstration. Approximately 48 homemakers were given assistance on cleaning and adjusting the sewing machine.

Two 4-H Clubs were organized with 36 girls and 1 boy enrolled in clothing projects. These Club members completed a total of 84 garments and 3 garments were remodeled. The new State 4-H Club Leader was unable to be in Apache County when the Home Demonstration Agent was there. No County-wide achievement was held, due to long distances and transportation difficulties.

Homemakers Clubs have been active in six communities, and demonstrations have been given for these rural women by the Home Demonstration Agent and by the Extension Specialists. Extension work in the nature of adult clubs, 4-H Clubs or Neighborhood Leader work has been carried on in all 18 communities of the County.

The Home Demonstration Agent has cooperated with homemakers in the following projects which contribute to the War effort: home canning, home dehydration, home storage; on the Advisory Committee for examining applications for the war model pressure cookers; cleaning and adjusting the sewing machine; upholstering furniture; school lunch project; meat alternate foods; conservation of clothing; and point rationing. This work was done in cooperation with the following agencies: War Board, War Food Administration, FSA, Red Cross, Office of Civilian Defense, and Office of Price Administration.

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

ANNUAL NARRATIVE REPORT

Agricultural Extension Service  
Apache County, Arizona

Alice F. Beesley  
Home Demonstration Agent

GENERAL ACTIVITIES:

Office headquarters for the Home Demonstration Agent of Apache County is located at Holbrook, Arizona, in Navajo County. Seventy-eight days during the current year were spent at office work or at field work for Apache County. Of this time, 65 days were devoted to adult work and 13 days to work with 4-H Club members. The Home Demonstration Agent devoted the remainder of the time with Extension work in Navajo County. The two Counties carry on the same Extension programs for the given period of time.

The Neighborhood Leader system was organized in 1942, and in December 57 neighborhood leaders contacted 532 families with information on the "Share the Meat" campaign. Three hundred seventy-seven homemakers requested further information on meat and meat alternate dishes. These leaders also assisted with the point rationing program late in February and early in March.

Adult clubs have been active in six communities and demonstrations have been held for these homemakers by the Home Demonstration Agent and Extension Specialists. It was impossible to hold a County Council meeting, due to transportation difficulties and long distances between communities, so an effort was made to learn the desired subjects or projects by correspondence and individual contacts with local leaders.

At the Annual Agricultural Extension Conference in Phoenix, the State Leader in Home Demonstration work, the Nutrition Specialist and the Clothing Specialist held conferences for discussing proposed projects. In May at the Conference for Home Demonstration Agents the year's program and schedule of County work for Specialists was made definite, and the Plan of work was set up, with the following projects: Sewing Machine repair; Conservation of Clothing by Fabric Identification, Dry Cleaning, Mending and Pressing; Food Selection; Food Preservation; and 4-H Projects in Clothing and Meal Planning.

The Plan of Work for the current year was carried out as planned with very few exceptions. The program on Conservation of Clothing consisted of four projects, - namely, Fabric Identification, Dry Cleaning at Home, Mending Made Easier, and Pressing at Home. A goal of 125 homemakers following these practices was set up, and at the conclusion of



the year's work it was estimated that 24 homemakers were given assistance on clothing-construction problems, 114 on selection of clothing and fabrics, and 167 on care, remodeling, pressing and mending clothing.

Demonstrations were given on Food Selection with emphasis on meat alternate foods and meat substitutes, with special attention to eggs, cheese and soybean dishes. Uses of home canned meats and nutritive value, as well as care of meats, were demonstrated in October. It was estimated that goals set for nutrition, including Food Selection, Preservation of Foods and storage were reached as approximately 210,000 quarts of foods were canned, 4,000 pounds of vegetables, 350 dozen eggs stored, 475 pounds of cheddar cheese made, and 4,500 pounds of meat stored in brine. There are approximately 70 dehydrators and 3,500 pounds of food have been dried.

Four training meetings were held by the Home Demonstration Agent and Extension Specialist during the year, and these demonstrations were attended by 65 local leaders. Thirty-two method demonstrations were given by the Home Demonstration Agent with 318 homemakers in attendance. Five meetings and demonstrations of an Extension nature were held by local leaders with 127 homemakers attending.

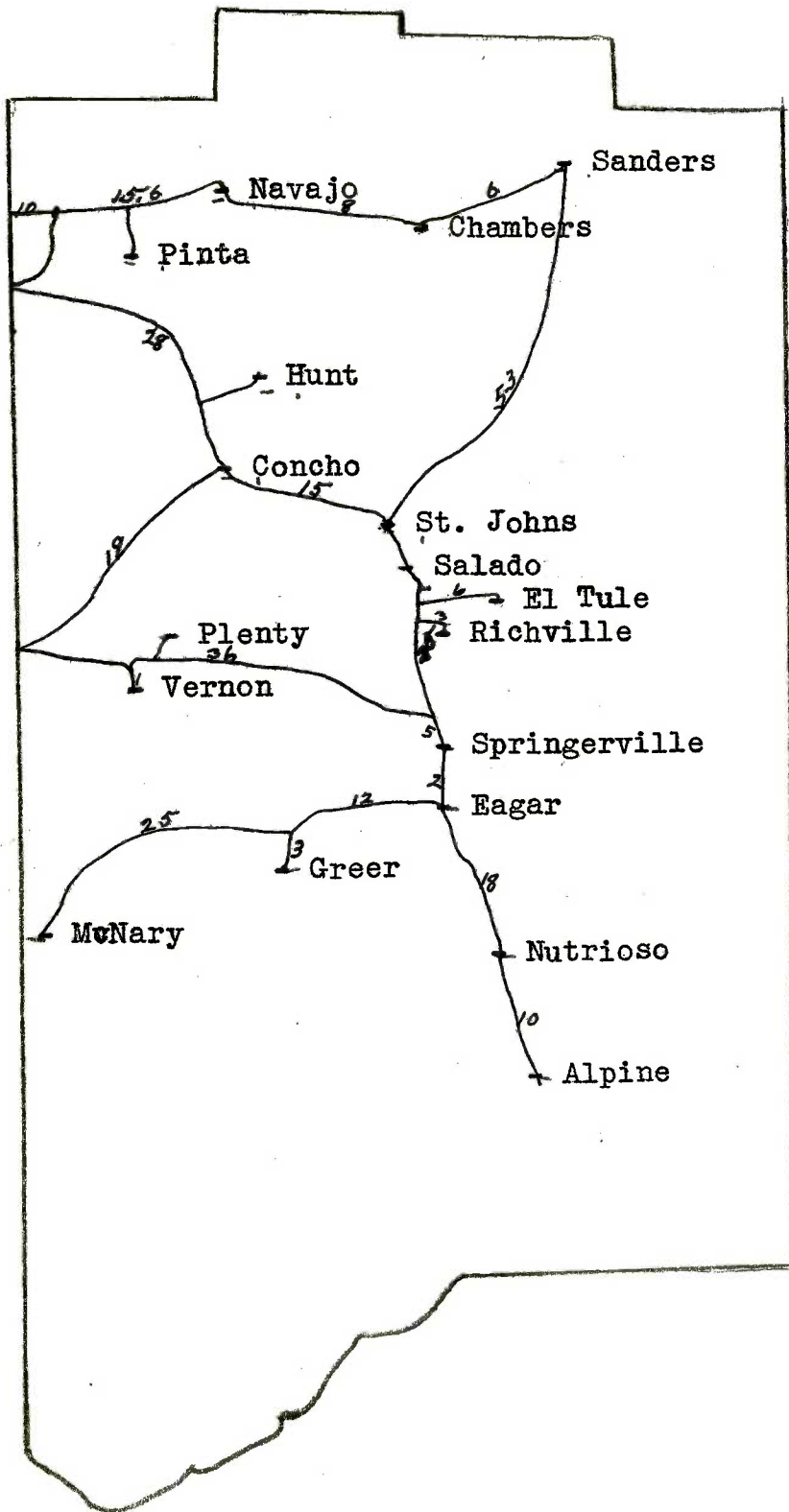
4-H Club work has been limited to clothing projects this year. Clubs were organized in St. Johns and in the school at Springerville. Thirty-six girls and one boy were enrolled and 22 girls and one boy completed their projects. Local achievements were held for completions, but no County achievement was held this year, due to long distances and transportation difficulties.

The Home Demonstration Agent has cooperated with the local USDA War Board on the rationing of pressure cookers. She has been Chairman of the Advisory Committee for examining applications. Sixty applications have been received, and approximately 35 purchase certificates issued.

On page 6 is a map of Apache County, showing communities in which the Home Demonstration Agent has conducted adult work, 4-H Club projects, and where the neighborhood leader system has been operating.

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

MAP OF APACHE COUNTY  
(South of the Indian Reservation)



Extension Groups

St. Johns  
Springerville  
Eagar  
Nutrioso  
Alpine  
Puerco  
Pinta  
Navajo  
Chambers  
Sanders

4-H Clubs

St. Johns  
Springerville

Neighborhood Leaders

Sanders  
Chambers  
Navajo  
Pinta  
Concho  
Hunt  
St. Johns  
El Tule  
Salado  
Richville  
Vernon  
Plenty  
Springerville  
Eagar  
Greer  
Nutrioso  
Alpine

Block Leaders

McNary

EXTENSION ORGANIZATION AND PLANNING:

The Farm Agent and the Home Demonstration Agent held a conference early in February to discuss the advisability of holding a county planning meeting for the women of the County. It was decided best to contact the leaders of each community personally and by letter. Leaders sent in their suggestions for possible subjects and projects for the year, and these were compiled after being considered at the Annual Home Demonstration Agents' Conference, where the Home Demonstration Specialists could make suggestions and arrange schedules. The following projects were decided upon for study and demonstration during the current year: Cleaning and Adjusting Sewing Machines; Meat Extenders and Alternate Foods; Fabric Identification; Dry Cleaning; Egg Dishes; Dehydration; Mending Made Easier; Canning; Pressing at Home; and Holiday Dinners.

The State Leader in Home Demonstration work spent two days in conference with the County Home Demonstration Agent planning and organizing work with the homemakers. Twenty-six days of the County Home Demonstration Agent's time was spent in organization and doing office work which would aid in promoting the educational work of the Extension Service in local communities and in individual homes.

Neighborhood Leaders acted as Explainers on the Point Rationing program late in February. The Home Demonstration Agent explained the program to the leaders in the Puerco community, in St. Johns, Eagar, Concho, and Vernon; and the Farm Agent went to Alpine, Nutrioso and Greer and explained the program to leaders there. One copy each of the following bulletins were given to Explainers in each community to aid them in encouraging homemakers, as they planned ways to produce and conserve the food supply: Canning, Drying, Preservation of Eggs; Cheese-Making; Making Butter; Farm Gardens; Poultry; Rabbits; and Storage. All homemakers wishing copies of these bulletins were urged to request them through the County Extension Office.

The Home Demonstration Agent's field and office time is summarized below:

Days in office .....	32
Days in field .....	46
Days with adults .....	65



Days with 4-H Clubs .....	13
Home visits .....	146
Office calls .....	60
Telephone calls .....	26
News articles .....	8
Bulletins distributed .....	366
Extension meetings .....	52
Attendance at meetings .....	704

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

THE HOUSE, FURNISHINGS, ETC.:

Sewing Machines:

Seventy-four homemakers in seven communities were assisted with cleaning and adjusting sewing machines. Among these machines there were many old makes of machines which are included in the following list: five makes of Singer; two makes of White; the Damascus; Minnesota; New Royal; New Automatic; Alvah; and the Ambassador.

Upholstery and Refinishing:

A demonstration on covering furniture and fixing inner springs in chair and cushion seats was given to the Puerco Homemakers. A demonstration was given at the next meeting on refinishing furniture. Pictured below is a set of dining room chairs that were re-covered. The rocker seat was covered with the same material, so the set could be used together for a living room set.





An occasional chair arrives for repair



Refinished and re-covered this chair will brighten  
the home living room.

NUTRITION AND HEALTH:

Food Preservation:

Farm families have canned larger amounts of products this year than usual, and many families have dehydrated vegetables and fruits. At a conservative estimate more than 210,000 quarts of goods have been canned in jars, and 8,500 containers of jams, jellies and marmalade have been put up. There are approximately 70 dehydrators and 3,500 pounds of dried foods have been taken care of. Many homemakers have been eager to learn new and better methods of home preservation. Information on dehydration of vegetables has been sent to 175 homemakers. Pressure cooker gauges have been checked and instructions on care of the cooker given to approximately 150 homemakers. Sixty applications for new war time pressure canners have been considered and 40 purchase certificates issued. Local dealers were unable to secure these cookers until after the canning season in August and September, so there has been some delay in getting homemakers to secure them, when they were made available.

The Home Demonstration Agent received refresher information on precautions in canning non-acid vegetables and meats, and on preparation of canned foods for serving them to the family. This information was given at the Annual Conference for Home Demonstration Agents and at the Conference held in Prescott in August for the Vocational Home Economics teachers. The news item on page 17 giving canning information, was published in the local newspapers.

Many homemakers in Apache County store food in bulk. It was estimated that this year approximately 4,000 pounds of vegetables, 350 dozen eggs, and 475 pounds of cheddar cheese were stored. Many inquiries for methods of putting meat down in brine have been answered, and it is estimated that 4,500 pounds of meat have been stored by this method. Many Spanish-American and Indian families, as well as white families, "jerky" some meat for winter use.

Food Selection:

The Home Demonstration Agent spent 12 days preparing information and demonstrating to homemakers the selection and preparation of foods for serving. Emphasis was placed on meat alternate dishes and how to use home canned meats in a variety of ways. Nutrition Victory leaflets, prepared by the Extension Nutritionist, were sent to local nutrition leaders, and they in turn presented the information to local groups.

### School lunches.

At the Sanders School Lunch center they are this year serving 120 children a well balanced dinner consisting of milk, bread and butter, a main dish, vegetable and dessert. Each child pays 10¢ in money or food supplement. Supervision of the children at the lunch room is done by the teacher in charge of the room, and the teacher has her meal there, too. Some financial assistance is being given this year by the Indian Service to aid in the needs of the Navajo Indian children who take their noon meal at the lunch room. Over half of the students are Indian. The local School Board, Red Cross, and Homemakers Club have cooperated in financing and putting in labor for the stove, storeroom and refrigerator which have been added to the general equipment this year. School lunch projects were given assistance on the uses of dehydrated eggs.

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943



NEWS ITEM  
June 22, 1943.

HOME CANNING ARITHMETIC

To help homemakers figure how many jars of canned food to expect from fruits and vegetables, whether they're bought at the market or picked from the Victory Garden, here's a table of comparative figures. It has been prepared by the home economists of the Bureau of Human Nutrition and Home Economics, and they remind us that the figures are necessarily approximate.

Apples	1 bu. (50 lb) cans 20 qts. 2½ lbs. (7-8 apples) can 1 qt.
Beans, Lima	1 bu. (28 lb) cans 6 to 8 qts. 4 to 5 lb. can 1 qt.
Beans, Snap	1 bu. (24 lb) cans 16 qt. 1½ lb. can 1 qt.
Beets	1 bu. (60 lb) cans 24 qt. 2½ lb. can 1 qt.
Berries	24-qt. crate cans 18 qt. 1¼ to 1½ lb. (5 cups) can 1 qt.
Carrots	1 bu. (50 lb) cans 20 qt. 2½ lb can 1 qt.
Cherries	1 bu. (56 lb) cans 25 qt. 1½ to 2½ lb (6 to 8 cups) can 1 qt.
Corn	1 bu. (72 lb) cans 8-9 qts. Whole kernel-6-10 ears, can 1 qt.
Grapes	1 bu. (48 lb) cans 20 qt. 2½ lb. can 1 qt.
Greens	1 bu. (12 lb) cans 5 to 7 qt. 1½ to 2½ lb can 1 qt.
Peaches	1 bu. (50 lb) cans 20 qt. 2 to 2½ lb (8-10 peaches) can 1 qt.
Pears	1 bu. (58 lb) cans 24 qt. 2 to 2½ lb (5 to 6 pears) can 1 qt.
Peas	1 bu. (32 lb) cans 12 to 16 pt. 2 to 2½ lb can 1 pt.
Plums	1 bu. (56 lb) cans 30 qt. 1½ to 2 lb (24 to 32 plums) can 1 qt.
Squash	1 bu. (40 lb) cans 20 qt. 2 lb. can 1 qt.
Strawberries	24-qt crate cans 12 qt. 2 qt. can 1 qt.
Sweet Potatoes	1 bu. (52 lb) cans 20 qt. 2½ to 3 lb can 1 qt.
Tomatoes	1 bu. (56 lb) can 1 qt. 2½ to 3¼ lb (8 to 10 tomatoes) can 1 qt.

FAMILY ECONOMICS:

Rationing.

Neighborhood Leaders presented information to homemakers on the point rationing program. Approximately 532 families were reached with this instruction. The Explainers in each center were given one copy of each of the following bulletins and circulars: Canning; Dehydration; Preservation of Eggs; Cheese Making; Homemade Butter; Farm Gardens; Poultry; Rabbits; and Storage of Foods. All homemakers requesting any of this literature were sent copies.

CLOTHING AND TEXTILES:

A project on conservation of clothing was conducted in Apache County this year. This project was divided into four demonstrations as follows: Identification of Fabrics, Dry Cleaning, Mending Made Easier, and Pressing at Home. Leaders' training demonstrations were held for each of these projects, and local leaders assisted with presenting the information to their local groups. Eight volunteer leaders aided in carrying this project to their groups, and the Home Demonstration Agent gave the demonstration in communities where a leader was unable to attend the leaders' training demonstration.

Twenty-four days were spent in preparing this information and presenting it to the local groups in seven communities. A circular letter, page 19, was sent to each homemaker who attended the demonstration on Fabrics Identification, and the News Letters, pages 20 and 21, were published in the local paper following the demonstration of Fabric Identification and Dry Cleaning.

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



KNOW                      GIVE  
THE                      TO                      BEST  
FIBER                      CARE

KNOW THE FABRIC:

1. To give proper care during washing, dry cleaning, stain removal, pressing and storing.
2. To select materials which will give satisfactory service.

IS THE FABRIC WOOL, COTTON, OR RAYON (viscose, bemberg or acetate)?

1. Wool when burned smoulders and the ash tends to ball up on the edge with the odor of burning hair. Remember wool dissolves in a boiling lye solution.

2. Acetate rayon when burned curls as it melts into a hard brittle mass. Acetone dissolves the acetate rayons. Be careful of fingernail polish, if the dress you are wearing contains acetate rayon.

You will need this information for the next meeting which will be on dry cleaning and stain removal.

Sincerely yours,

*Alice F. Beesley.*  
Alice F. Beesley  
Home Demonstration Agent

NEWS ITEM

March 26, 1943.

As background information for care of clothing a Leaders' Training meeting on Fabric Identification was held in Eagar on Wednesday, March 24th, under the direction of Alice F. Beesley, Home Demonstration Agent, and Lorene Dryden, Clothing Specialist. Mrs. Pearl Rogers will present this subject to the women of the Snowflake community, and Miss Beesley will hold demonstrations in other communities in Navajo County.

In discussing fabrics, Miss Dryden stated: "With the present shortage of materials it is necessary that the family make every garment that they now have last as long as possible. To give garments the best care in washing, dry cleaning, stain removal, pressing and storage, the homemaker should know the fiber content of the materials. Wool, one of our most critical materials, can be recognized by burning or making a lye test on a few threads taken from the seams or the hem. Wool, when burned, smoulders and the ash tends to ball up on the edge. It has an odor like burning hair. Wool dissolves in a boiling lye solution, leaving cotton or rayon threads."

Acetate rayons need special care, but are long lasting materials, when properly handled. We may know acetate rayons by burning threads or a sample. These melt and curl into a hard, brittle mass. Acetone dissolves acetate rayons, leaving cotton, wool or other rayon fibers. Your fingernail polish remover may contain acetone.

Follow-up meetings will be held on care and conservation of clothing. The first of this series, dry cleaning, stain removal and storage of woolens, will be held the last of April and the first week of May.

NEWS ITEM  
DRY CLEANING AND PRESSING  
April 27, 1943

As a phase of the Clothing Conservation Program a meeting was held in Snowflake, April 22, featuring home methods of cleaning and spotting, as adapted to a war-time situation. The following leaders will repeat this demonstration in their local communities: Snowflake, Pearl Rogers; Showlow, Corrine Wimmer; Pinedale, Mrs. Wahl; Linden, Mary Pearce.

In discussing these problems, Miss Dryden stated: "Fiber identification is the foundation of all successful cleaning, spotting and pressing these days. The fibers used in materials are varied and react differently to different treatment. Simple tests were made for identifying the fibers in all garments that were cleaned or pressed at the meeting.

Particularly are we stressing that if simple garments can be safely cleaned at home, money will be released from the family budget to be spent at the commercial cleaners for our best suits, coats and dresses. Many of our rural homemakers are facing the problem of cleaning service, being remotely withdrawn from our local communities. As we understand, non-explosive petroleum solvents will be available for some time.

Even the simplest home cleaning process requires infinite patience, time and caution. As Extension Workers, we wish to particularly stress the caution needed in handling solvents and spotting mixtures. All dry cleaning should be done out-of-doors away from buildings.

As a precaution it is always well to try the reaction of a solvent or a spotting mixture on a scrap of material or a part of a garment that does not show. We cannot afford to ruin a single garment these days.

To do a good pressing job, especially on men's suits, equipment such as wool pressing cloths, tailors' cushions, pressing mitt and wooden beater are recommended. Directions for Fabric Identification, Dry Cleaning, Stain Removal, Pressing and Storing Winter Clothes are available in circulars which may be obtained from the Home Demonstration Agent."



4-H CLUB ACTIVITIES:

4-H Club activities were carried on in two communities with 36 girls and 1 boy enrolled in Home Economics projects. These Club members all took clothing and completed a total of 84 garments made and 3 garments remodeled. Twenty-three members completed their projects and received their ribbon and pin awards at local achievements. No County-wide gathering was held this year, due to long distances and transportation difficulties. Leaders have had difficulty with projects, as all the boys and girls are doing more of the home tasks and are assisting with production and preservation of food. This work is being done under the guidance of parents and not as organized 4-H Club work under leaders.

CONTRIBUTION TO WAR EFFORT:

The Home Demonstration Agent has cooperated in the following projects which contribute to the War effort: Home canning, dehydration of fruits and vegetables, home storage of foods, advisory committee for approving applications for war model pressure canners, checking pressure gauges, cleaning and adjusting of sewing machines, upholstering and refinishing furniture, school lunch projects, meat alternate foods, conservation of clothing, point rationing.

COOPERATION WITH OTHER AGENCIES:

The County Extension Office cooperated with the War Board on the pressure cooker rationing, and with the O.C.D. and O.P.A. on the point rationing. The school lunch program was carried on with the cooperation of the War Food Administration. The Home Demonstration Agent cooperated with the F. S. A. on the care of sewing machines and checking gauges for clients. Early in 1943 the County nurse used supplies from the Extension Office in her Red Cross course for Home Nursing. This equipment had been used by the Home Demonstration Agent in demonstrations on care of the sick in the home.

Alice F. Beesley  
Home Demonstration Agent  
Apache County, 1943

ABSTRACT OF ANNUAL NARRATIVE REPORT  
APACHE COUNTY, ARIZONA,  
1943

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The Home Demonstration Agent, Alice F. Beesley, spent 78 days in the field and office work in Apache County, and 215 days in Navajo County. In Apache County 65 days were spent conducting work with adults, and 13 days with 4-H Club activities. Subjects or projects which were demonstrated or discussed with the homemakers were: Cleaning and Adjusting the Sewing Machine, Fabric Identification, Dry Cleaning, Mending Made Easier, Pressing at Home, Meat Extenders and Alternate Foods, Egg Dishes, Uses of Home Canned Meats, Canning, Care of Pressure Cookers, Dehydration and Storage of Home Produced Foods. Thirty-two method demonstrations with 318 homemakers in attendance were given in presenting these projects.

4-H Club work was carried on in only 2 communities and with 22 girls and 1 boy completing projects under the Home Demonstration Agent. No County-wide achievement was held, due to long distances and transportation difficulties.

The Home Demonstration Agent has cooperated with the following County, State and Federal Agencies during the past year, promoting problems relating to the War effort: War Board, War Food Administration, Farm Security Administration, Agricultural Adjustment Administration, Red Cross, and County Nutrition Committee.